



Online Meditation Retreat

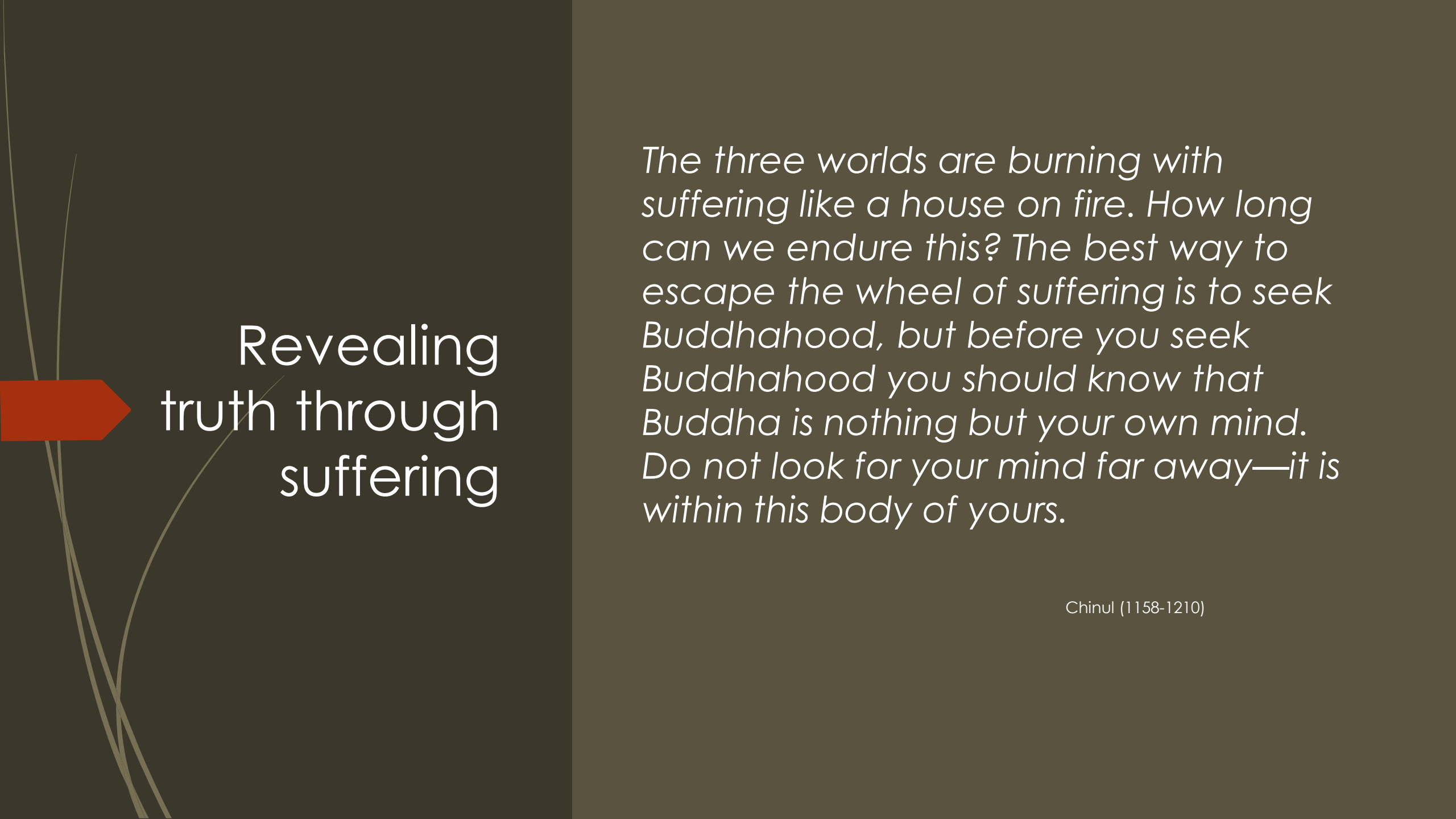
Saturday morning, January 26, 2019



Schedule



Start CST	Practice
8:15	Log on
8:30	Welcome: Who is online? How to work the Zoom controls.
8:35	Comments on readings: Chinul and Ryokan
8:55	Qigong
9:15	Seated meditation
10:00	Break
10:15	Qigong
10:35	Seated meditation
11:20	Discussion
11:30	Close



Revealing truth through suffering

The three worlds are burning with suffering like a house on fire. How long can we endure this? The best way to escape the wheel of suffering is to seek Buddhahood, but before you seek Buddhahood you should know that Buddha is nothing but your own mind. Do not look for your mind far away—it is within this body of yours.

Chinul (1158-1210)



The three worlds

- ▶ Past, present and future
 - ▶ The totality of our lived experience
- 



Burning

All is
burning

- The Buddha's *Fire Sermon*
- Liberation from suffering through detachment from the five senses and the mind

A house
on fire

- Parable in the *Lotus Sutra*
- Father rescuing children by skillful means

The reality
of
suffering

- Samsara: the world of suffering
- Suffering is universal
- All of life is imperfect, fleeting, unsatisfactory, potentially painful



Suffering is like fire

Suffering is fuelled by the three poisons:

- Desire
- Aversion
- Ignorance



Cut off the fuel and it will burn itself out

Where does suffering come from?

- “When we don’t get what we want or we get what we don’t want”
 - Wanting
 - Suffering is rooted in attachment
 - The three poisons of desire, aversion, ignorance
- Suffering comes from ignorance of impermanence and conditioned arising
 - We are dependent on causes and conditions
 - We have little control over what happens to us
- Suffering = things that happen to us

Types of suffering






The path out of suffering

Four noble truths

1. The truth of suffering
2. The truth of the origin of suffering
3. The truth of the cessation of suffering
4. The truth of the way out of suffering by means of the eightfold noble path

Eightfold path

1. Right understanding
2. Right intention
3. Right speech
4. Right action
5. Right livelihood
6. Right effort
7. Right mindfulness
8. Right meditation



What to do about suffering?



The universal fact
of suffering

Cause of
suffering
Three poisons



Eliminate the
cause of suffering

Ignorance of
reality
Right view



Practice
meditation

Cessation of
suffering
Others' suffering



Bodhisattva vows

- I vow to deliver innumerable sentient beings.
- I vow to cut off endless vexations.
- I vow to master limitless approaches to dharma.
- I vow to attain supreme buddhahood.



Buddha is your mind

- ▶ Buddhanature


- ▶ All sentient beings are already enlightened and possess intrinsically clear pristine consciousness—the mind of Buddha
- ▶ This innate nature is obscured by the obstructions of samsara

- ▶ The mind contains *samsara* and *nirvana*

- ▶ The starting point for both suffering and liberation
- ▶ “The mind of a buddha and the mind of sentient beings are the same. If they were not, it would be impossible for sentient beings to become buddhas.” (Sheng-yen)



This body of yours

- ▶ When we are enlightened, our bodies are the “body of Buddha” i.e. nirvana
 - ▶ The three poisons and our attachments have been extinguished—like a fire burning out
 - ▶ The path leads to the experience of liberation
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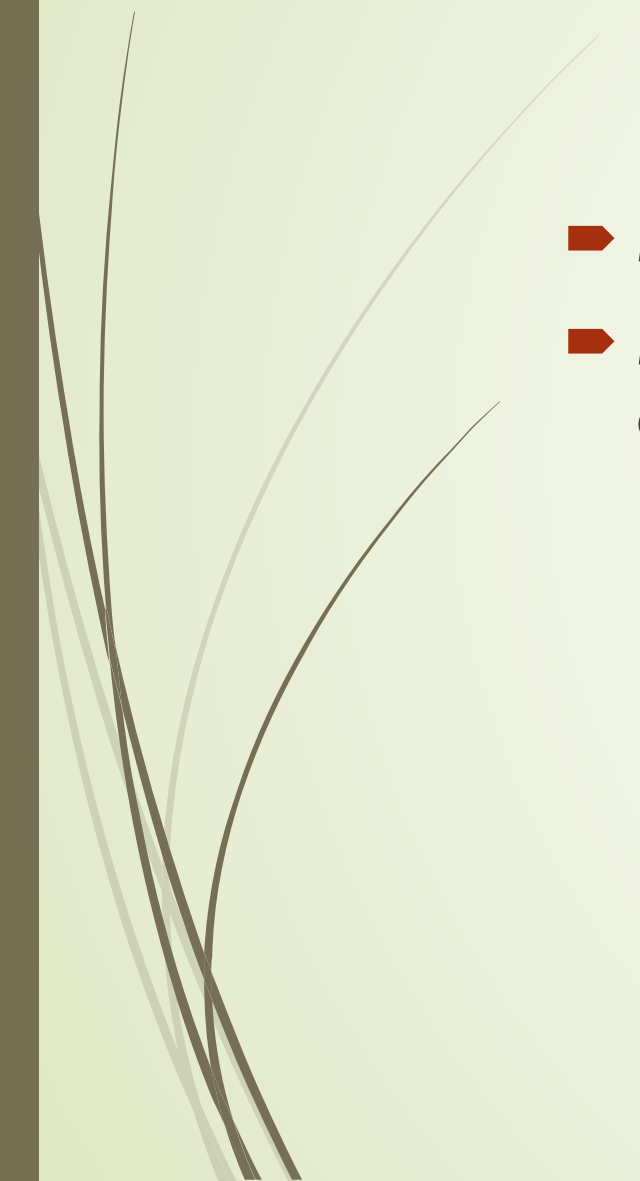
Bridle the mind

*Mind itself
is the mind that leads
mind into confusion
so never release the bridle
of the horse of your mind*

Ryokan (1758-1831)



Meditation requires mindfulness

- ▶ Meditation = sustained voluntary attention
 - ▶ Mindfulness = continuously drawing the attention to the object of meditation
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In closing

- ▶ Please send evaluative comments
 - ▶ Please send testimonials for the website—to promote our next retreat
 - ▶ Dana accepted with gratitude
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